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PelhamNEWS

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INSIDE

JUNK FOOD CHALLENGE

About 60 students at Glynn A. Green Public School will consume fewer chips, cookies and pop over the next two months. They will replace them with fruit, vegetables and water. It's all part of the 8-Week Junk Food Challenge handed to Grade 7 and 8 students as part of their class in nutrient and fitness. See story and photo on page 8.

See Inside:
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FUNDRAISER: Fighting pancreatic cancer

Walk a country block for Kay Fraser



WAYNE CAMPBELL, Staff Photo

The Fraser Forrest Team of ScotiaMcLeod prepare for the continuation of Kay Fraser's Panda Bear Walk as they hold a promotional poster below a portrait of the walk's founder. From left are Jamie Fraser, Donna Vieno, Diane Kajaste and Madeline Woodhead. The fourth annual walk to raise money for pancreatic cancer research is on Sunday starting at 10 a.m. from Kay Fraser's home at 478 Canboro Rd. across from Old Pelham Town Hall. Kay Fraser, who operated the Welland ScotiaMcLeod office, died last December.

WAYNE CAMPBELL
PelhamNEWS Staff

Friends, relatives and those interested in raising money for pancreatic research will walk Kay Fraser's 'country block' in the fourth annual Panda Bear Walk this Sunday at 10 a.m.

She began the specifically directed fundraiser four years ago after being diagnosed with inoperable pancreatic cancer.

Fraser laid out a five-kilometre course following her Ridgeville fitness walking route.

She walked it each day before going to work as a financial adviser with ScotiaMcLeod in Welland.

The route starts at her home at 478 Canboro Rd., near the Old Pelham Township Hall. It goes down the road to Effingham St. over to Welland Rd. back to Centre St. and ending at her home.

Fraser fondly called the stroll her 'country block.'

In her first Panda Bear Walk, "she set a goal was \$25,000 and doubled it," said Jamie Fraser, one of her five sons.

see KAY FRASER | A2



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■ KAY FRASER

Walk has raised \$174,000 in three years

FROM PAGE A1

"Over the three years, she raised \$174,000," he said of the long-time Pelham resident who served as a school trustee was the first woman on the Lookout Point Golf Course board, and a national figure with ScotiaMcLeod.

Kay Fraser began the third walk in October 2009 but for the first time in her 25 years of walks to raise funds for cancer research, she did not complete the full distance.

"This will be the first year we will do it without her. We will keep it going as long as we can," said Jamie Fraser of the memorial event.

Kay Fraser died in December.

Her fight with pancreatic cancer was personal beyond her own condition.

At age 12, she watched her father die from it. For 22 years, before launching the Panda Bear Walk, she spearheaded a team who participated in the annual Terry Fox Run.

They raised hundreds of thousands for cancer research, said her son.

When she discovered you could not direct funds to particular cancer researched, she arranged a change of direction.

"Kay and her team undertook to raise funds specifically for pancreatic cancer research by holding a walkathon in Pelham, a satellite walk to the Princess Margaret Hospital



Supplied Photo

Kay Fraser starts the 2009 Panda Bear Walk to raise money for pancreatic cancer research. The fourth annual walk along what Kay Fraser called her "country mile" will be held Sunday starting at 478 Canboro Rd at 10 a.m.

Foundation Walking Hand in Hand," explained her son.

She titled the Panda Bear Walk to give it flair and first held it in October 2007, while she was undergoing chemotherapy at Princess Margaret. Jamie Fraser said hospital's pancreatic research has shown threefold results.

A team led by Dr. David Hedley has progressed in developing better MRI techniques.

"They can better monitor

the effects of new forms of treatments because cancerous masses on the pancreas are extremely difficult to detect and to image," he said.

Two other teams, of Dr. Masson Haider and of Dr. Steven Gallinger, have made progress in early detection techniques of the disease.

"This is a critical area of research specifically for pancreatic cancer since current imaging techniques are largely insensitive to small cancers," he said.

Prototypes of new MRI receiver coils can increase the signal from the pancreas from eight to 13 times are expected to be tested in humans shortly. An application will reach patients in the pancreatic cancer screening program within three years.

"Progress and developments such as these speak to the importance of a reliable and strong funding source," Fraser said.

The five-kilometre Panda Bear Walk begins at 10 a.m. The walk will cover the five kilometres around the country block starting and ending at 478 Canboro Road.

Pledge sheets, online sponsorship and information are available on the website: pandabears.ca. If you should have any questions about the walk, please contact Diane Kajaste at Scotia McLeod 905-732-7200.

ucampbell@wellandtribune.ca

■ ELECTION: Pelham-Thorold seat

Retired principal Dale Robinson runs for public school trustee

WAYNE CAMPBELL
PelhamNEWS Staff

Dale Robinson wants to put a 36-year life in education to work for the community.

The retired elementary school principal is running to represent Pelham and Thorold on the District School Board of Niagara.

Declining enrolment she sees as a major issue facing the board over the next four years.

She said she will work to establish a relationship of trust and respect between students, parents, communities, the board and administrators of the board.

"I know from experience the value of schools to communities and the attachments people have to them," said the former principal of schools in Vineland, Beamsville and St. Catharines. She has seen schools close.

"Because discussion and dialogue are needed to make fiscally responsible decisions, I will work to ensure that information is open, transparent and accessible," she said.

Robinson wants to ensure public input is welcome.

"It needs to be a partnership," she said. "We have to share expertise."

I will work to ensure that efforts to secure equitable and fair special education funding for our Niagara students are our priority."



Dale Robinson

In special education, Niagara has the second-lowest funding level.

"I will work to ensure that efforts to secure equitable and fair special education funding for our Niagara students are our priority," she said.

Robinson said she favours more community use of schools.

As a taxpayer herself, she said you are the owner and you want to see schools and resources better utilized for the community.

"Because good schools are necessary for the development of good communities, I will work to develop strong school and community partnerships that will encourage our graduates to make Niagara their life-long home," she said.

When she was principal, she said she encouraged a positive relationship with the community.

Robinson lives in Thorold and with her husband, Jack, runs a bed and breakfast, Robinsons.

Between them, the couple has nine children and 18 grandchildren.

Robinson has record of community involvement, which includes a Thorold murals project, service on the active transportation committee and the Welland Canals Parkway task group.

Pelham and Thorold are different communities but in education have similar concerns and challenges, she said.

Running in this election was a "good fit" and an extension of her community involvement, she said.

Her opponent in the Monday, Oct. 25, municipal election is incumbent Gary Atamanuk.

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■ **FUNDRAISING:** Students fight cancer

Dunk the teacher

WAYNE CAMPBELL Staff Photo
As part of a meet the teacher barbecue at Glynn A. Green Public School students earned throws at teachers in a Dunk the Teacher event based on how much they raised for a Terry Fox Run planned for Friday. More than \$7,000 was raised by Wednesday evening. Teacher Stuart MacPherson faces the dip bare chested.



WAYNE CAMPBELL Staff Photo
Grade 5 teacher Chrissy Haining, Terry Fox run organizer, recovers from a drop into the water during a Dunk the Teacher event at Glynn A. Green Public School.



WAYNE CAMPBELL Staff Photo
Grade 6 teacher Aaron Baldwin comes prepared for the Dunk the Teacher event at Glynn A. Green Public School.

Pelham schools running for Terry Fox

For PelhamNEWS
PelhamNEWS Staff

Glynn A. Green Public School and Pelham Centre Public School got off to an early start for the Terry Fox Run.

National School Run Day was Thursday, but the Fonthill and Ridgeway schools held their run a week earlier.

At Glynn A. Green, students walked around the school's soccer field in the back of the school.

The school also tied in Fox fundraising with its Meet-the-Teacher barbecue.

Based on the amount of money or pledges students

brought in, they could throw balls in a Dunk-the-Teacher event.

The teachers got wet. By the time of the dunking, students had raised more than \$7,000.

When loonies, toonies, bills and pledge sheets were counted up at the end of the run, the Gators had "an awesome" \$8,415 in Terry Fox's cancer research pot.

Pelham Centre, a school of less than 200 students, held a walk around its back fields Friday but the circuit consisted of a series of events.

At each station, students were asked trivia questions

about Terry Fox.

In their short event, Pelham Centre students raised \$556.50 to boost cancer research.

Meanwhile, other Pelham schools are counting up their contributions.

Those who held their runs on National School Run Day Thursday include A.K. Wigg Public School, E.W. Farr Memorial School, E.L. Crossley Secondary School and St. Ann Catholic School.

The Terry Fox Foundation set up the National School Run Day to co-ordinate school fundraisers that were separate from community operated Terry Fox Runs.

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comment

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advertising: irbcom@welland Tribune.ca
Ken Koyama
PUBLISHED GENERAL MANAGER
Wayne Campbell, EDITOR

perspective



Wayne Campbell
EDITOR

Fall a favourite season

Autumn is a favourite time for many but how does drawbacks.

The crisp fall temperatures stir the blood of football fans.

No matter how cozy your arm, you can't resist telling your kid to go long, as you throw for an imaginary end zone.

Later, of course, you wonder why your arm aches and shoulder throbs.

The fall weather similarly stirs the cyclist and the runner.

Off they go along the Steve Bauer trails, climbing rakes and gliding down drifts.

The sweet soon soaks their shirts, but the feeling is so good as the cool air gives them another urge to sprint.

Then the snappy air takes its effect. A chill sets in.

The afternoon athlete turns into the evening invalid.

Who can resist the blaze of the leaves as they turn to red, yellow and brown with the sun bouncing off them?

Short Hills Provincial Park and the Bruce Trail attract hikers of all skills along the paths and up cliffs.

They follow the lure of the leaves. Unfortunately, some look up more than they look around.

A short stroll becomes a major hike. They wander over hill and over dale as they hunt for a way off the trail.

When you think of fall, you think of sunshine, blue skies and gentle cool air.

However, it is also the time of cold winds, pounding rain and fading light.

Drivers along major highways, such as the QEW, witness the rainy rumble about spray from trucks and curse a fashion trend toward silver, grey and beige cars.

They pop in and out of the mist. Back to the beautiful turning leaves. You will drive hundreds of miles those view them ... and to avoid rakes that fell in your backyard.

That's the season.

Niagara, it is a changin'

It's just more as we are starting to see more development initiatives with a Niagara-wide perspective? The formation of a new organization called Niagara Heritage Alliance (NHA) is one of the most recent examples.

It is a regional alliance of volunteer individuals and organizations from communities across all 12 Niagara municipalities who are dedicated to heritage preservation. The group recently held a conference themed "Our Heritage in Crisis: Do you Care?" at Navy Hall in Niagara-on-the-Lake.



Cathy
Berkthout-Bosse
REAL ESTATE
VIEW

According to attendee, Pamela Minns' blog article posted on www.niagaraatlarge.com:

"Navy Hall was filled to overflowing with people from clear across the Region of Niagara and the audience included 'some of our regional planners and councillors, several mayors and MPPs, the chair of

the Niagara Parks Commission, representatives from the Ministry of Tourism and Culture, school boards, as well as a notable Canadian author."

"The Niagara Heritage Alliance describes heritage as "encompassing the legacy of natural heritage — landscapes, vistas, agricultural lands, etc., and built heritage — buildings, structures, sites, etc., individually or in groups, which are considered to be of cultural, environmental, historical and/or architectural significance."

see REAL ESTATE | A5

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A shot at scrapping the long-run registry

I certainly haven't been a boring trotter to Parliament Hill. During the first week back MPs were engaged on one of the most controversial issues of the session: the long-gun registry.

It promised to be a very close, exciting week and it was. The final tally was 153 to 151 in favour of keeping the registry.

The bill that aimed to abolish the long-gun registry was introduced by my Conservative colleague, MP Candice Hoepner, entitled Bill C-391, An Act to amend the Criminal Code and the Firearms Act (repeal of long gun registry).

While I respect the views of Canadians and MPs from other parties who feel that the long-gun registry makes Canada safer, I disagree with their arguments. It has yet to be shown to me how forcing the farmers, sportsman and others to register their long guns, somehow makes Canada more secure.

I was disheartened by both the misinformation that was spread by the registry supporters leading up to the vote, and also how some



Dean Allison
FROM THE HILL

MPs were forced by their leader to vote against their conscience on this Private Member's Bill.

Listening to some of the rhetoric in the debate, one might have been convinced that without the registry, anybody could walk into sporting-goods store and buy a long-gun, or that police officers across the country supported keeping it.

The truth is that a number of police chiefs did speak in favour of the registry, a poll of more than 2,000 front-line officers revealed that the vast majority of them thought the registry was of no use to them.

But more importantly, buying a long-gun in Canada requires you to have a gun licence, with or without the registry.

What the registry does is to make it a criminal act not to register the firearm, even though you bought

it legally, going through the proper processes to gain the licence. It was that criminalization that has caused so much resentment by the many non-Canadians who own them.

The argument is a good one — if you're going to spend billions on a program that supposedly cuts down on crime, make sure it actually does. No wonder the auditor general, Sheila Fraser complained that "The (Canadian Firearms) Centre does not show how these activities help minimize risks to public safety with evidence-based outcomes such as reduced deaths, injuries and threats from firearms."

What I believe is necessary is for the energy and resources of government to focus on initiatives that target the criminals.

Look for a booklet coming soon to your mailbox that lists some of these legislative initiatives that our government is taking in this regard, or visit my website at www.DeanAllison.ca.

Dean Allison is the Conservative MP for Niagara West-Cambridge, which includes Pelham.

Mapping Pelham for active transportation

Do you walk, hike, jog, skate or cycle in Pelham?

If you answered no, then we want to change your lifestyle; if you answered yes then we want your opinion. Following last week's Ontario Bike Summit in Burlington,



Brian Baty
REGIONAL COUNCIL
VIEW

I would like to start a project with the Pelham Active Transportation Committee (PATC) to develop a walking and cycling friendly map of Pelham's sidewalks, roads and trails.

Many communities in Ontario have hired consultants to develop a masterplan for this purpose, but I believe that we can do our own based upon the views of our own citizens.

You may be aware that the PATC has already developed a "Top Ten" list of projects for the Town of Pelham to consider to improve the safety for walkers and cyclists in the town.

An "Active Transportation Map" would review all existing roads, sidewalks and trails in the town and rate them according to their level of safety.

Corridors would be identified for connectivity to our neighbouring communities and pathways would be identified to connect Pelham's separate communities to each other, to our parks and other community facilities.

I am told that students were hired many years ago to research all existing unopened road right of ways and potential trail corridors. To date I have not been able to find that study and would appreciate any information that citizens might have about the potential for future off-road trails in Pelham. The closed road corridor from Fenwick to Welland is one such possibility.

Once an inventory of sidewalks, roads and trails is completed, it is expected that we could develop a system of recommended routes for people to walk, jog, hike, cycle or skate.

see BATY | A5

■ BATY

Map will help identify areas needing improvement

FROM PAGE A4

With all the talk of the need for recreational facilities in our town, I propose that the least costly and potentially most useful recreational facilities are our existing and future sidewalks, roads and trails.

Some time ago, I wrote about the potential for completing the former Thorold-Fonthill spur line for a trail system to connect Pelham to the Greater Niagara Circle Route.

Initially, funding was removed for this project but I am told that the Waterfront Regeneration Trust is once again considering this project.

That trail, if completed, could link with our own Steve

Bauer Trail system to connect with Welland. In my opinion, that would be a great gain for recreational, tourist and utilitarian cycling for those who choose to commute by bicycle rather than by a motorized vehicle.

Once this map is underway, it will be important to have public participation to identify which areas of town need improvement by means of sidewalk completion, bicycle lanes, paved shoulders or trails.

High on my list already is Effingham St. from Welland Rd. to Canboro Rd.

That section does not have clearly defined shoulders and the double curve along with a small hill is a potential for disaster for any walker or

cyclist who approaches that section of roadway.

Vehicles tend to speed on that section and any vehicle that comes close or crosses the centre line forces the oncoming vehicle to the shoulder. The potential for a collision with a walker or cyclist is clear. A paved shoulder for this roadway would seem to be the best solution.

If you would like to participate in this mapping project and develop active transportation routes in Pelham please contact me and consider joining the Pelham Active Transportation Committee.

Brian Baty is a Niagara Regional Councilor for the Town of Pelham, Brian.

■ lettertoeditor

Thanks

On behalf of myself and the Staff of TAG Community Services at 63 Canboro Rd. in Fonthill, I would like to thank everyone who volunteered for, and donated to our fundraiser for The Welland & District Humane Society. We had a great day. The weather co-operated. We were able to raise \$300 for the animals. I would also like to thank M&M Meats in Fonthill for providing the equipment for our charity barbecue.

Tom McIntyre
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■ REAL ESTATE

We are slowly breaking down silos

FROM PAGE A4

As a citizen with a profound level of respect for cultural heritage I applaud the broad scope of this definition. As a local real estate professional I recognize the challenges of incorporating such ideals in to future development planning.

Establishing a regionally focused approach is an excellent start. Slowly but surely, we are reducing

the number of redundant (although well intentioned) silos of effort throughout our Niagara Region.

Just this past spring, our Niagara tourism stakeholders joined together to form the new Tourism Partnership of Niagara. This month one of the conclusions of St. Catharines-Thorold Chamber of Commerce "Supporting Prosperity Through Effective Government" report was that "Niagara can no longer afford

a multi-tier approach to economic development." To quote the iconic Mr. Dylan "... the times they are a-changin'."

Cathy Berkhout-Bosse, H.B.A. is a real estate broker and writer living in Pelham. You may read past columns at www.niagararealtysource.com. More information about Niagara Heritage Alliance was at www.niagaraheritagealliance.org.



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■ **AWARD:** Ontario Home Builders Association

Pelham home design wins provincial prize

WAYNE CAMPBELL
PelhamNEWS Staff

PELHAM — The design of a north end rural home has won an Ontario Home Builders Association Award of Distinction for its builder.

Homes By Hendricks Inc. picked up its first provincial award for its "Maple Street Retreat" in the Most Outstanding Custom Home category for houses under 2,500 square feet.

The association announced the winners of 33 awards last week.

"We're very proud of it," said Ron Hendricks. "We've won local awards, before but this is our first provincial."

"To win a provincial award, it means you were up against the best homes from across the province that faced a variety of different situations, he said.

The custom-made home at Maple St. and Sawmill Rd., built for an Oakville couple that was retiring, presented a number of challenges.

"Retirement, dogs grandchildren, low maintenance,



Mike McGarth stands in front of his home, also seen at right, at Maple St. and Sawmill Rd. in northern Pelham. The two-year-old house has won an Ontario Home Builders' Association Award of Distinction for Homes By Hendricks Inc. of Beamsville.

chic, spacious, large country lot — these were some of the thoughts buzzing around out clients' heads when they considered the design of their new home," Hendricks said in

his submission to the award.

For example, you have to considered use of tile floors to accommodate dogs, he said.

"The house was purposefully set on an angle on the corner lot to take advantage of the southern exposure and expansive views from the rear of the home," he said.

WAYNE CAMPBELL, Staff Photo
McGarth and Sawmill Rd.

The owners wanted the all essential living space on the main floor.

"A bonus room was framed in over the garage for possible future expansion and a full basement offers additional living space," he said.

In his report Hendricks describes the main area.



The entry leads to an open main living space with high vaulted ceilings.

"This is where all activity takes place," he said. "A sitting, dining and kitchen area all share the same expanse encouraging togetherness."

A home office and formal dining room are off to the side.

Highlights include custom kitchen cabinets, granite counter tops, large kitchen island, stainless steel appliances, butler's nook off the kitchen.

"Large porcelain tile throughout this is provides a durable and easy clean finish," he said.

Hardwood softens the look of the dining room, office and master suites.

"The full ensuite is equipped with a large, corner soaking tub, custom tiled shower and discreet water closet," Hendricks said.

Outside the brick, stucco and stone exterior blends with the country setting.

Homeowner Mike McGarth said he is delighted Hendricks won the award.

He said he did a lot of research to choose his builder when he moved back home from Oakville to retire

in Niagara.

"It will probably be our last home, so we wanted to make it a good one," he said.

"They moved in two years and 'have had no issues' in dealing with the company on various small adjustments that always have to be made in a new house, he said.

"Their warranty is very good," McGarth said. "And their trades are top notch and that's very important" when building a house.

"I'm happy they won, they deserve it."

Hendricks said awards such as the award of distinction are a big help to a company like his.

"When you build a good product the word spreads, it's an excellent way to get known," he said.

Homes By Hendricks was founded by Ron Hendricks father, Arnold Hendricks in 1961.

The company has built and renovated homes, stores, commercial units throughout Niagara and beyond.

For more information see www.homesbyhendricks.com

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■ NEW BUSINESS



ALLAN BENNER Staff Photo

Tom McIntyre, right, cuts a ribbon to officially open his new business, TAG Computer Services, located at 63 Camboro Rd., along with staff member Jordan Dayboil. The company that specializes in computer service, along with retail sales, can be reached by calling 905-892-4000 from 10 a.m. to 6 p.m., Monday to Friday, and from 10 a.m. to 2 p.m. Saturdays.

■ pelhambriefs

NEW DOCTOR COMING TO FENWICK

Pelham will get a new doctor later this year, Ward 2 Coun. Sharon Cook told town council recently.

Dr. Michael Bester, who is now practising in Manitoba, will join the practice of Dr. Joanna Hope in Fenwick.

Cook said Hope is working more with the Niagara Health System and the new doctor will help her maintain her local

practice.

For Cook, who co-ordinates council's physician search efforts, this is the fourth doctor brought to town in seven years.

"It does take awhile to do this," she said about the process of attracting doctors to the town.

Many are looking for turnkey clinics they would not have to run.

With some luck, she may be able to announce another doctor soon, she said.

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"For the FUTURE of Pelham"

■ UNITED WAY: Hollywood theme to event

Fund drive raises \$38,000 at kickoff

PelhamNEWS Staff

An old Hollywood-themed evening kicked off the United Way of South Niagara's 2010-2011 campaign.

It also helped raise a significant amount to kick start its fundraising. The gala evening at Sparrow Lakes garnered \$38,000 in pledges from individuals, local businesses and through a silent auction.

United Way executive director Peter Papp is optimistic about this year's campaign, which differs from previous years because a fund-raising goal is not being set for Pelham, Port Colborne, Wainfleet and Welland.

The campaign launch featured a short movie created to

highlight residents who have utilized the United Way's services and have benefited from the organization's member agencies.

"The room was silent as one by one, the movie's stars told their compelling stories of hardship and success."

"Once they saw the video, they saw the actual people who have received services. They're all examples of how this is put to work and the money has an impact and these are the results," he said.

For example, one of the video's stars and the face of the campaign, Natasha Smagata once used the United Way's services that fund Adolescent Family Services Supporting

Niagara (AFSSN) when she had her daughters at age 16 and 18.

She attended the young mother's outreach program through AFSSN, obtained her high school diploma with honours as valedictorian and is in her second year at Niagara College in the executive office administration program, with honour roll standing, having earlier received an academic scholarship and regional chair's bursary.

"They helped me tremendously. I was a struggling teen and now I'm the master of ceremonies at the campaign kickoff," a jubilant Smagata said when recalling how important assistance from AFSSN was.

PelhamNEWS

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— Larry Clark

Larry Clark is Past President of the Pelham Business Association and in this role has worked diligently to support a thriving and sustainable Pelham community.

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LET'S TALK

www.sharoncookformayor.com

■ **HEALTH:** Glynn A. Green takes the challenge

No more pop, no more chips for Grade 7 and 8

WAYNE CAMPBELL
PelhamNEWS Staff

For the next eight weeks, 60 students at Glynn A. Green Public School will avoid chips, pop, cookies and video games as they eat fruit, drink water and walk more.

The No Junk Food Eight-Week Challenge is an outgrowth of the Niagara Eight-Week Challenge developed by Virgil fitness instructor Bonnie Giampa of Balance Fitness Studio.

Teacher Margaret Marotta has adapted it for her Grade 7 and 8 Choices and Change classes.

"If we can develop healthier habits at a young age, it's easier for them to carry it forward into adulthood, rather than try to change when you are all grown up," she said.

The program fits in with the Ontario curriculum's healthy living goals and was encouraged by vice-principal Jennifer Currie, said Marotta.

"We want to educate the kids to make healthier choices by adding things to their diet," said Marotta explaining the strategy.

She has set up manual and each student logs into "regardless of what they eat and what they do for exercise."

She gets a point for each fruit or vegetable they eat or glass of water they drink. They get five points for each can of pop or cookie they avoid.

"If every time they drink a glass of water, they get a point it keeps the kids excited," she said.



Glynn A. Green Public School students, from left, Meghan Biggar, Hope Larmour, Kylie Fast, teacher Margaret Marotta, Brook Casey and Matthew Belovski show healthy food items. As part of the No Junk Food Eight Week Challenge, Grade 7 and 8 students in choices-and-change classes will get points for selecting healthy foods and for avoiding junk food.

She has a list of junk foods including fast foods and prepared foods.

"It just goes on and on." Twice a week Marotta runs an exercise class during a nutrition break demonstrating a half-hour fitness circuit.

It's intended to show students they don't have to be athletes to be fit. They can do it without being part of a team, she said.

The challenge started last week and continues to mid November.

"They're excited because it is a group thing, with logging and points," said Marotta describing the reaction of the students.

"They come to school and say 'Mrs. Marotta look what I got, celery sticks, and

WAYNE CAMPBELL Staff Photo

carrots."

A blog and the manual are tools she is using to keep the program rolling.

Marotta, who helps out at the Virgil studio, took the eight-week challenge three years ago and followed it up

each year since.

"I lost 15 pounds the first time just by changing what I eat and exercising more," she said.

She said she lost five pounds during each annual refresher session and finds more good habits stay with her each time she does it.

The adult version includes instruction on reading labels in the grocery to select the most nutritious foods. The school version doesn't involve that nor does it expect parents to change shopping habits.

Marotta said many of her students are already very active in sports, dance and other activities while others are finding ways to increase activity.

"We just want to get them moving."

The students are getting into it.

Hope Larmour said she would rather have a nectarine than a bag of chips.

Meghan Biggar said she walked to the school's recent meet the teacher barbecue.

Cookies from her mother became a temptation for Kylie Fast.

Brooke Casey enjoys fruit as a treat.

However, Matthew Belovski admits he still craves junk food but will run around the block to compensate.

Marotta said after one week, everyone "is still into it" but eight weeks is a long time.

Her motivation is to keep them challenged.

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■ **SAFETY:** Tips for buying smoke alarms

Chances of a fire in your home one in 10

SASKIA HOLDITCH
Pelham Fire Prevention Officer

How many of you bought at least one lottery ticket in the last month?

Even though the odds of winning are about one in 14 million, I'm guessing there's a good chance you or someone you know bought one.

How many of you tested your smoke alarms in the last month?

Even though the odds of you having a fire in your home are one in ten, I'm guessing there's a good chance you or someone you know didn't test the alarms.

Despite the odds, when it comes to fire, it's easy to think it will never happen to us.

A recent survey conducted by the Canadian Association of Fire Chiefs found that 48% of Canadians feel they have almost no chance of having a fire in their home. But after 12 years in the fire

service, I can tell you that fire happens anywhere, anytime. And fire and smoke spread so fast you can have just seconds to safely escape with your family.

Working smoke alarms provide early warning of fire and give you the extra seconds you and your family need to escape.

A recent study by the National Institute of Standards and Technology in the U.S. found that working smoke alarms increase your chances of surviving a home fire by 63%.

By the way, I don't think fire will happen to them. All too often, the fire service in Ontario responds to fires in homes with no working smoke alarms.

That's why the Pelham Fire Department needs to raise the alarm about smoke alarms once again this year.

The theme of this year's Fire Prevention Week, from Oct. 3-9, is Smoke Alarms: A

Sound You Can Live With.

Following are the top ten things you need to consider about smoke alarms to help keep you and your family safe from fire.

1. Most fire deaths happen at night when everyone is asleep. You can have as little as one minute to escape a fire. If there is no smoke alarm in the proximity of the fire to warn you, it will continue to grow rapidly and spread throughout your home, diminishing the chances of everyone getting out safely.

2. The Ontario Fire Code requires that all homes have working smoke alarms on every story and outside all sleeping areas. If you don't have working smoke alarms, the fire department has

power to issue a ticket for \$235, or lay charges that could result in a fine of up to \$50,000 and/or up to a year in jail.

3. The more smoke alarms you have, the better your odds of survival. The fire service recommends that you also consider installing one inside every bedroom.

4. Landlords are responsible for providing and maintaining smoke alarms in their rental properties. If they don't, they could be fined up to \$100,000 and/or sentenced to up to a year in jail.

5. Homeowners or tenants can be fined for tampering with or disabling a smoke alarm – and that includes removing the battery.

6. The most common reason for removing batteries is because the alarm operates when you don't want it to – such as when cooking dinner. We call this a "nuisance alarm." There are ways to address this that don't put your life in danger, such as installing a smoke alarm with a hush feature that allows you to temporarily silence it at the push of a button, moving the alarm or installing a photoelectric model.

7. Smoke alarm batteries should be replaced every year, or when the smoke alarm starts to chirp, which is a signal that the battery is nearing the end of its life.

8. Smoke alarms should be tested every month, fol-

lowing the manufacturer's instructions. Be sure to test them if you have been away from your home for more than a few days because the batteries could have expired in your absence.

9. All smoke alarms, whether battery-operated or electrically-wired, should be replaced with new ones if they are more than 10 years old.

When the smoke alarm sounds, everyone in your household needs to know what to do. Develop and practise a home fire escape plan.

For more information, contact: Saskia Holditch, Fire Prevention Officer 905-892-4498 or sholditch@pelham.ca

■ **SAFETY:** Fire Prevention Week Oct. 3-9

Check your smoke alarms: Fire Chief

For PelhamNEWS

The Pelham fire chief urges everyone to take a few minutes to make sure their smoke alarms are working in preparation for Fire Prevention Week, October 3-9.

"Too many people are complacent about fire safety," said Fire Chief Scott McLeod.

"People need to remember there is a one in ten chance of having a fire in their home," he said.

"With all the plastic and synthetic materials we put in our homes today, fire burns hotter and faster than ever before. You may have just seconds to get everyone out of your home safely."

to have working smoke alarms on every story of the home and outside all sleeping areas. Yet, all too often, the fire service in Ontario responds to fires in homes with no working smoke alarms.

The theme of this year's Fire Prevention Week is Smoke Alarms: A Sound You Can Live With.

The Pelham Fire Department will be going door to door throughout the week to raise public awareness about the importance of working smoke alarms.

It will visit the Fontbill library at 1 p.m. on Thursday, Oct. 7 with a talk on safety and a real fire truck. The library suggests registering children ahead of time so the library can prepare for visit.

The fire department will also visit some of the schools to promote safety and fire prevention.

A recent study by the National Institute of Standards and Technology in the U.S. found that working smoke alarms increase your chances of surviving a home fire by 63%.

Saskia Holditch
Pelham Fire Prevention Officer

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■ **DONATION:** Helping dogs at animal shelter

Firefighters collect tonne of pet food

PelhamNEWS Staff

A Pelham firefighters two-week pet food drive collected more than a tonne of food for the Welland and District Humane Society.

"And it's still coming in," said Fire Chief Scott McLeod Monday holding a bag of canned food he was given while walking his dog

earlier in the day.

"I tied up this truck," he said pointing to the one-tonne fire departments supervisor's covered pickup. The fire department launched the two-week drive after Scott noticed a sign on Prince Charles Drive near the animal shelter saying it was short of pet food.

The donations flowed in

and while the campaign is officially over firefighters will take donations at Pelham Fire Station No. 1 on Regional Rd. 20 in Fonthill.

For the past couple of years, firefighters as part of their annual toy drive have included pet food donations.

They have seen the amount donations grow.

■ **READING:** Giller prize finalist coming on Oct. 6

Author reads Disappeared at Pelham Public Library

WAYNE CAMPBELL
PelhamNEWS STAFF

Kim Echlin is a storyteller thanks to her grandmother.

The Giller prize finalist will read from her novel *The Disappeared* at the Pelham

Public Library on Wednesday, Oct. 6, 7:30 p.m.

In an telephone interview she said she has been a writer all her life.

When she was growing up in Burlington she exchanged letters with her grandmother

in Toronto.

"She would give me a topic and ask me to describe it in detail," Echlin said. That's how she learned to develop description.

see **AUTHOR** | A11



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■ AUTHOR

Echlin strives to be interesting and accurate

FROM PAGE A10

The Disappeared is a love story set against the bleak backdrop of Cambodia during the period of the Pol Pot Communist regime's killing fields in the late 1970s. It involves a Canadian woman and her Cambodian lover, and the challenges of a life in danger.

Echlin, 53, said the story grew out of an incident during a trip to Cambodia with her family.

A Cambodian woman came up to her in a market to tell her whole family the Pol Pot killings.

Echlin said people lived through those situations want the story told.

"They want to stand as a witness," she said.

In researching for her novel, she said she did a lot of reading into not only Pol Pot but similar genocides.

"From my readings I realized people have a profound need to have their story heard, sometimes it will take two or three generations," she said.

The romance she said became a vehicle to tell the story.

No matter how serious the subject, you must still apply the rules of story-telling, that is, make sure it is interesting as well as accurate.

"You have to be able to make it personal. That comes through in the story of the lovers. It's about

From my readings I realized people have a profound need to have their story heard, sometimes it will take two or three generations."

Kim Echlin
Author

love, betrayal and search for relief," she said.

For Echlin, a writer, teacher and documentary writer, this is her third novel. Her first novel Elephant Winter is about a woman returning to Canada who become involved with an elephant keeper. The second Dagmar's Daughter is a tale of three generations of women on an island in the Gulf of St. Lawrence.

She calls herself a full-time writer who teaches in continuing studies at the University of Toronto to help pay the bills.

Echlin said she is a morning person. She gets up at 4:30 a.m. to do her writing between 5 a.m. and 7 a.m.

She said she loves book readings, such as the one at the library, and speaking to book groups.

"I like to have a really good chat."

Contact the library for \$7 tickets.

ucampbell@weilandtribune.ca

■ pelhambriefs

UNSAFE VEHICLES CURBED BY POLICE

PORT COLBORNE — Niagara Regional Police pulled the license plates off 14 vehicles recently that they deemed unsafe during a roadside inspection.

As part of an Operation Road Worth project, police stopped

49 vehicles, and inspected 32 of them to determine if they were mechanically fit.

In addition to the 14 that were immediately taken off the road and their plates seized, 11 vehicles were ordered to have repairs done and 30 tickets were handed out for various Highway Traffic Act offences.

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■ CHARITY: \$3,000 raised for Help a Child Smile



WAYNE CAMPBELL Staff Photo
Natalie Hayne, left, and Jackie McIntyre of A Thousand Words Photography and Studio hold copies of a 2011 baby calendar they put together over the summer. It involved babies from 160 Niagara families. The project raised an estimated \$3,000 for Help A Child Smile.

Baby calendar big hit for photographers

WAYNE CAMPBELL
PelhamNEWS Staff

PELHAM — A small summer project turned into a spectacular success for two photographers and Help A Child Smile.

Natalie Hayne and Jackie McIntyre of A Thousand Words Photography and Studio on Canboro Rd. set out to create a calendar featuring local babies.

They sent out a call offering to photograph babies in settings for each month and offering a free photo to encourage participation.

"We were overwhelmed by the response," said Hayne.

"We got calls as soon as the newspaper story came out."

About 150 kids were signed up for the shoots.

"We have 41 babies in the calendar itself," said McIntyre, "and we have all the babies on the cover in tiny shots, a sort of find Waldo thing."

The two quickly found local merchants to sponsor pages, which helped to cover.

What they didn't factor in was the time involved and the tightness to meet August deadlines for the 2011 calendar.

"We put in a lot of long days and nights in one and half months," said Hayne "and really didn't pay ourselves."

Help A Child Smile came out the big winner with \$3,000 going to the local Niagara charity.

Families came from across the region including Pelham, Welland, Wainfleet, Port Colborne, St. Catharines and Niagara Falls to participate in the shoots.

The photographers recruited volunteers to help with the shoots.

"We had an amazing volunteer staff throughout the whole process," said Hayne.

The pair plan to do it again but have learned the lesson of spreading out the preparation.

Calendar sponsors included: J & J Floral Expressions Inc, Pet Value (Fonthill), Giant Tiger (Fonthill), Shoppers Drug Mart (Fonthill), Floral Dimensions, Kumon (Welland-Pelham), The Urban Steakhouse & Lounge,

Cool Licks Ice Cream Parlour, Gallagher's Farm Market, M.T. Bellies, Sault Farm (Wainfleet), Lorne's Tax Preparation, and the Lazy Loon.

The pair printed 350 glossy coloured calendars selling at \$25 available at the Ridgeville studio at 270 Canboro Rd., Indulgence Bakery, J & J Floral Expressions, Fonthill Giant Tiger, Kumon and Fonthill Shoppers Drug Mart.

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sports

■ HOCKEY: Exhibition games

Pelham Novice Rep prepares for season

For Pelham News

Hockey season is underway in Pelham as the Tim Hortons Novice A team prepares for its first regular season game against the Lincoln Blades. Exhibition games in Thorold provided the team with a sampling of what is to come. The team was victorious in both games and showed that even though the season is just beginning, they are already working hard and doing what it takes to be successful.

The current lineup has forwards Harrison Doan, Matthew Diraddo, Evan

Lacroix, Curtis Cryslor, Antonio Dechellis, Parker Triano, Owen Darling, Damien Pullar and Myles Stolk.

Defense has been covered by Drew Colangelo, Harmon Narbonne, Carson Stolk, Ryan Belovari, Jake Butler and Owen Leduc.

Goalkeeping duties will be shared by Ben Bonisteel and Evan Howey.

All players worked very hard in tryouts and exhibition play, and the coaching staff are looking forward to a great year of individual and team development.

■ UNITED WAY WATERBALL CHALLENGE



It was a wet Sunday afternoon for participants of the United Way's waterball challenge. Twenty-two teams participated in the event, including the Convergys team battling for water ball victory over the United Way team.

KAESHA FORAND Staff Photo

■ BASEBALL: Pitch, hit and run competition

Pelham baseball wraps up season with fun day

For Pelham News

The Pelham Minor Baseball Association wrapped up the 2010 season with its 7th annual Championship Day at Harold Black Park.

The six Timbits T-Ball teams, having played their Championship Series on Aug. 22, joined the 11 other PMBA teams for a full day of games and Pitch, Hit and Run skill competitions.

The Fonthill Giant Tiger Rookie Ball team won both their games to capture the PMBA Rookie Ball Championship. The Meridian Credit Union Peeewe team captured the PMBA Peeewe Championship.

The Fonthill M&M Meat Shops Bantam team played Thorold on Sept. 7 for the Niagara Interlock Championship in a very exciting game, with Thorold pushing in the winning run in the bottom of the

7th inning to take a 13-12 victory.

The pitch, hit and run events are one of the highlights of the final PMBA season event, and congratulations go to the following players who captured the top prizes in their divisions:

T-Ball - Jacob Martin (1st) Liam Cordner (2nd) Evan VanVleet (3rd);

Rookie Ball - Daniel Durkin - Reid Murray, Nicholas Yoldoski;

Mosquito - James Field, Gracie Furlong, Ayrton Ashick;

Mosquito Rep - Scott Hooper, Harrison Steven;

Peeewe - Jacob Flagg, Liam North, Noah Berke;

Peeewe Rep - Dan Lewis, Michael Tyler;

Bantam - Ben Baltrusinas, Brian Cunningham, Matt Lewis;

Midget - Chris Kershaw, Greg Lipinski, James Loewen.

Many thanks to the tremendous group of volun-

teers who coach the PMBA teams, as well as those who provide the many support services for the league.

The PMBA thanks its other team sponsors, that include: Fonthill Paint & Decorating, Miller Restoration, Mossimo's Pizzeria, My Place Bar & Grill, Shoppers Drug Mart, Star Tile Centre, Zee Lube, and Future Stars.

Thanks also goes out to the great band Rickshaw, comprised of Taylor Wallace, Michael Song, Evan Peplinski and Andrew Gemmel, which provided entertainment throughout the day.

Registration is now open for the 2011 season, with details and registration forms at www.pmba.ca.

The Annual General Meeting will be held in October, with the date and location to be advertised.

The PMBA invites those interested in helping with the league to attend the meeting.

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■ **COUNCIL:** Work expected to meet deadline

Hais St. reconstruction a two-section project in Pelham

WAYNE CAMPBELL
PelhamNews Staff

PELHAM — A reconstruction of Hais St. remains well within budget, Kelly Walsh told town council.

The community and infrastructure services director gave council a verbal update of the almost \$6-million project to rebuild Hais from Welland Rd. to Canboro Rd.

The Hais St. project is a two-thirds funded with federal and provincial infrastructure grants.

The contractor has divided it into two sections, Walsh said.

North of Pancake Lane the storm sewer work has been done and the watermain replacement "is just days away from completion."

During the next two months, the northern section will see the construction of curbs and sidewalks. He said the first layers of asphalt will go down from mid to late November.

"It will be ready for driving by December," he said.

"The section south of Pancake Lane is a bigger and more complicated" project, which involves water problems, said Walsh.

The storm sewer installation

is expected to be done by mid October followed closely by the watermain work, he said.

Curbs and sidewalks will extend to the end of November.

Similar to the northern section preliminary layers of asphalt will go down first in December, he said.

"The contractor will do the final permanent layer in the spring after the road has gone through a winter."

Walsh said the work schedule could come into jeopardy if an early hard winter sets in.

"So far the weatherman calls for a light winter," he said.

Walsh said town staff meets with the contractor weekly to assess progress.

Ward 2 Coun. Sharon Cook asked if it would be completed by a March 31, 2011 grant deadline.

Walsh said the project will be "substantially complete" by the end of March, which is the legal definition in the grant contract.

Mayor Dave Augustyn said the province is prepared to extend the timeline six to eight weeks and he is still to hear from the federal government about a similar extension if necessary.



WAYNE CAMPBELL Staff File Photo
The \$5.7-million reconstruction of Hais St. between Canboro and Welland roads remains well within budget, say town staff.

The Benefits of a Queensbury Portfolio Review



Larry J. Gallant
FINANCIAL VIEW
ADVISORIAL

As a Financial Advisor for over twenty years, I've conducted my share of portfolio reviews for people looking for a second opinion on their investments. But not everyone seeks out a second opinion. This is primarily because there is some confusion as to what a portfolio review actually is.

Obviously, without understanding the benefits of a portfolio review, investors rarely take advantage of this exercise from someone other than their current Financial Advisor. They just don't know what to expect and it seems like too much work to seek another opinion.

I look for a number of things when conducting a portfolio review. First, it's crucial that I understand what the investor's financial goals are. This allows me to properly assess their risk tolerance. Logically, someone who is 60 years old and near to years until retirement is likely to be more risk averse than someone who is 35 with a career ahead of them.

Second, I look at the make-up of the investor's portfolio. It should reflect their risk tolerance and investment time horizon. Are the assets quality investments or is it time for some to be replaced? A portfolio that has been neglected often does not meet the risk tolerance of the client. This becomes evident if the investments held within the portfolio are not properly balanced.

Unless you are in a position to take on added risk, your portfolio should have some element of income, whether it be generated from bonds, investment certificates or preferred shares. These types of investments will limit volatility and stabilize an account during down markets. In most cases, portfolios should also hold growth investments, typically mutual funds and stocks. An account that holds a combination of income and growth investments is considered balanced...provided it matches the owner's risk tolerance.

There are a number of other risks that an investment portfolio can create. Holding investments in a currency outside of Canada exposes the investments to "currency risk". As long as the investments fluctuate against the Canadian dollar, there is a possibility of movement in the value of the investment, separate from its actual performance.

Another risk is called "interest rate risk". For example, if you own a \$100 corporate bond that pays 5% annually, the value of the \$100 bond will likely decline should interest rates begin to rise. After all, why would you bond maintain its full value when newer bonds of similar investment quality could be purchased paying more interest? Suddenly the \$100 corporate bond paying 5% doesn't seem so attractive.

"An account that holds a combination of income and growth investments is considered balanced... provided it matches the owner's risk tolerance."

Last but not least, when analyzing someone's investment portfolio, I look for something I call "hidden risk". Many people hold mutual funds in their portfolio that they hope will allow them to diversify their investments in several companies. The problem is that many of these mutual funds can be similar to each other; they hold many of the same companies within their fund. This causes them to mirror each other, moving up or down in the market. Portfolio rebalancing can help your portfolio meet its optimal growth potential.

I can't tell you how many portfolio reviews I've reviewed that were down as much as 50% in the last two years and still are nowhere close to recovering from the recession, simply because the investments were all similar in nature or poor quality. Financial Advisors can't always see where the markets are going but if you are going to invest in fluctuating securities, we can help you to properly balance your portfolio to reflect your risk tolerance. This will give you peace of mind.

To discuss this article or to arrange a free, no obligation review of your portfolio, please contact me at Larry J. Gallant at 905-892-2100 or by calling 905-892-2100. I'll give you an unbiased assessment of your investments, the good and the bad.

Larry J. Gallant is a independent Financial Advisor with Queensbury Securities Inc., a member of the Canadian Investment Protection Fund and the Investment Industry Regulatory Organization of Canada.

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